

Welcome to Summer's End Family Camp 2022!



Dear Family Campers,

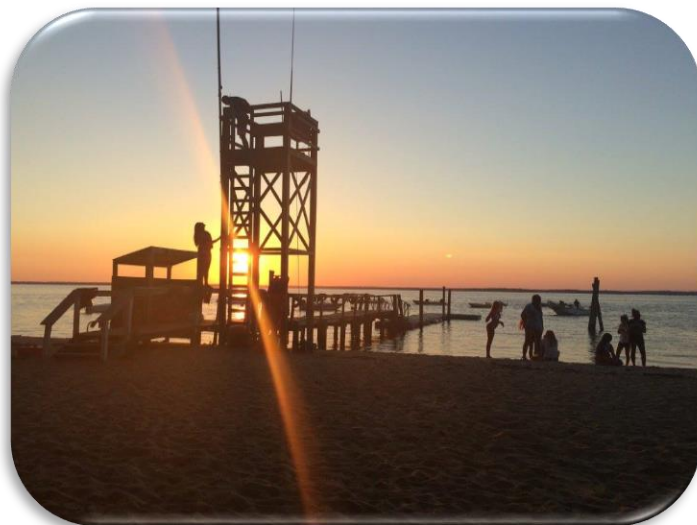
We are so excited you will be joining us for Summer's End Family Camp (SEFC for short!) 2022! We are thrilled to have a wide range of families; from small to large, longtime supporters and first-time families all here to mark the occasion.

Lying at the heart of the YMCA's mission, Family Camp provides you with the opportunity to grow in body, mind, and spirit. It is a chance for you to get away, have some fun on the Chesapeake Bay, and enjoy some much-needed family bonding!

The entire staff here at YMCA Camp Tockwogh are eagerly awaiting this time-honored tradition and are busy preparing... This year's theme is **Holidays**, so get ready to celebrate!

The following pages will give you all the information you will need to make the most out of your Family Camp experience! We recommend you read it in its entirety to properly prepare. If you have any questions, please feel free to contact us. We can't wait to meet you and thank you for choosing YMCA Camp Tockwogh!

In the Camp Spirit,
Julia Heller
Retreats/Family Camp Director



PACKING LIST

These are suggested items to make your stay at Camp Tockwogh more comfortable. If you forget anything, please ask the staff for help. We might have what you need or can give you directions to the nearest store.

CLOTHING

- Tee Shirts
- Long Pants
- Shorts
- Undergarments
- Socks
- Swimsuit(s)
- Beach Towel
- Bath Towel
- Light Jacket
- Sweater or Sweatshirt
- Poncho or Raincoat
- Pajamas
- Hat or Baseball Cap
- Sunglasses
- Sneakers
- Sandals
- Flip-Flops (for shower use)
- **Facemask!**

BEDDING

- Sleeping Bag
- Blanket
- Twin Sheets
- Pillow
- Pillow Cases

OTHER ITEMS

- Flashlight
- Water Bottle
- First Aid Kit
- Medication
- Laundry Bag

TOILETRIES

- Soap
- Toothbrush
- Shampoo
- Washcloth
- Comb or Brush
- Bug Repellent
- Sunscreen

OPTIONAL ITEMS

- Backpack
- Fan
- Camping/Beach Chair
- Coffee Cup or Mug
- Cooler & Drinks
- Snacks
- Games and Cards
- Goggles
- Books
- Bike with helmet
- Camera



THINGS TO LEAVE AT HOME

- Camp Tockwogh is a drug free site. Please refrain from smoking within the camp gates.
- Do not bring any fireworks.
- As it is a family environment, we ask that you do not bring any weapons. Shooting or hunting is prohibited on camp grounds.
- Pets/animals that are not registered with us as a service animal are not allowed to stay on camp property.
- Campfires are prohibited in any areas outside a provided fire ring.
- We strive to be unplugged at camp, so bring valuable personal electronics at your own discretion.

IMPORTANT INFORMATION

HOUSING

Families stay in rustic cabins or upgraded housing. All buildings on camp have electricity and electrical outlets. Upgrading housing has ensuite bathrooms while rustic cabins have shared centrally-located washhouses with toilets and showers.

CHECK-IN

All family campers must check in at the front gate from 3:30-5pm on Sunday or Wednesday. See the Check-In Schedule page for more information! **If adding additional campers to your family's cabin, please confirm no later than two weeks before.** Guests coming in for just the day (no lodging) are charged a daily rate and must confirm attendance in advance by calling the camp office.

INTERNET ACCESS

Wi-Fi will be available in the Dining Hall and Main Office. The password will be posted. We are rurally located and cannot guarantee the speed of the internet! Guests must use the internet responsibly.

CELLULAR SERVICE

Cellular service on camp property is spotty. The best place to get a strong cell phone signal is near the bay. If at any point you require the use of a landline phone, please ask in our office.

HEALTHCARE

There is no designated health care provider during Family Camp. Parents are responsible for their family members' health and should bring any needed over-the-counter medication and first aid supplies. If a camper has a serious injury or illness please notify camp staff. We have emergency procedures in place for alerting medical assistance.

CAMP STORE

The camp store will be open during rest hour each day for you to purchase clothing and other "camp swag". Cash, check and credit cards are accepted! We do not allow camp store purchases to be charged to your card on file; you must provide the card information while at the store.

CHILD SUPERVISION

Children under the age of 11 must be supervised by a parent or guardian at camp activities. The staff members running activities are not responsible for supervision of your child. If you are leaving the camp premises, please leave another adult in charge of your kids. Camp provides Kid Zone (child care) for ages 3 to 11 from 9am to noon each day.

PERSONAL BELONGINGS

Camp Tockwogh is not liable for any lost, stolen, or damaged property. Please leave anything of value at home.



DINING HALL PROCEDURES

Our cooks prepare three family-friendly meals daily. Camp classic entrees along with a salad bar and vegetarian options are available at every meal. To keep the Dining Hall running smoothly, we ask that everyone follows the procedures listed below to help kitchen staff maintain a safe and effective kitchen. Meals will be served family style with the exception of a buffet at the Softball BBQ. We suggest that each table assigns two people for each meal to serve as “waiters.” Waiters are responsible for the following:

- Setting the table
 - Fifteen minutes before the meal waiters will meet in the dining hall to set out the beverages, plates, silverware, cups and condiments for their table.
- Serving Food
 - After grace, one adult should bring the serving tray to the table, unload the serving dishes and return the tray to the rack.
 - If you run out of food, take the empty serving dishes to the breezeway to get them filled.
- Clearing Table
 - Scrape off plates and serving dishes into trash and stack. Empty cups into picture and stack.
 - Pitchers will go on the rack near the drink station. Place serving utensils in the pitchers.
 - Separate all silverware by type and put them in the proper bin labeled on the front table.
 - Bring all dishes to the front dirty dish table to be sorted and brought to the dish room.
- **After Announcements- STACK, SWEEP & WIPE!**
 - Wipe your table with a rag (provided at the podium).
 - Stack the chairs at either end of the table.
 - Sweep the floor under your table.



FAMILY CAMP RULES

- Don't enter any program area until a Tockwogh staff member is present and allows you to enter.
- Everyone must wear a lifejacket while at the beach if they are on the dock, in the water, or on a boat.
- Know where your children are at all times. We ask that you do not allow children under the age of 11 to be left unsupervised at a camp activity.
- No bare feet, except at the beach or in the pool area.
- Camp is a smoke free environment. Please refrain from smoking within camp gates.
- Alcoholic beverages may be consumed by adults of legal drinking age in private areas (cabins). It should not be consumed in public areas such as the Dining Hall, Waterfront, Sports Fields, Basketball Court, Pool etc. unless it is a camp sanctioned event. These include the beach party and 21+ social.
- Camp Tockwogh staff are prohibited from drinking unless they are 21+, on their time off, and offered by a family camper. If at any point a staff member has inappropriate behavior, please alert Julia.
- Anyone over the age of 16 years old that would like to fish in the Chesapeake Bay will need to purchase a fishing license at <https://compass.dnr.maryland.gov/>
- Lost & Found will be located at the Lost & Found post out front of the Ad Building. Please check for any items before you depart.

CAMP ACTIVITIES

Everyday, various activities will be run by Tockwogh staff for families to participate in! A more detailed schedule will be available upon arrival. In addition to these, families can make use of our hiking trails, disc golf course, and sports fields/equipment. We have sports equipment available for basketball, volleyball, gaga ball, tennis, soccer, baseball/softball, lacrosse, football, and tether ball.

Open Activities

- Kid Zone **(AM Only)**
- Arts & Crafts
- Archery
- Climbing Wall
- Swimming Pool & Waterslide (must pass swim test and be 4ft tall to ride)
- Motorboat Rides
- Tubing
- Water Skiing & Wake Boarding
- Sailing
- Canoe/Kayaking, Paddleboarding, & Corcling



Kid Zone!

After Breakfast each morning, staff will announce activities for kids only. This is an opportunity for your child to do activities with children their age. Kids will be dropped off at 9am and picked up at 12pm.

Little Braves (Ages 3-5)

Big Braves (Ages 6-8)

Warriors (Ages 9-11)

Sign-Up Activities

After Breakfast & Lunch there will be sign-ups for the following activities. Because of limited space, it's important that you take the time to sign up and reserve your spot.

Still Pond Skiing

Campers that don't require any in-water assistance can sign up for an advanced ski boat to Still Pond, a partially enclosed body of water that typically has better skiing conditions. Each boat can hold 6 skiers and must be reserved ahead of time. **Campers under the age of 16 must be accompanied by an adult.**

Ropes Course

If you would like a challenge beyond the Climbing Wall, the ropes course offers the Giant Swing, Leap of Faith, Trapeze, Jacobs's Ladder, Low Ropes/Teambuilding and the High Ropes Course. Listen at breakfast to hear what is open for the day – be sure to sign up!

DAILY SCHEDULE

Monday, August 22nd-Saturday, August 27th

7:00-7:50am	Pool Open for Lap Swimming
7:45am	Waiter's Call
8:00am	Breakfast <i>Breakfast ends at 8:30! Don't be late!</i>
9:00am	Kid Zone Drop-off @ the Dining Hall
9:30-Noon	Morning Activities
12:00pm	Kid Zone Pick-up @ the Dining Hall
12:15pm	Waiter's Call
12:30pm	Lunch <i>Lunch ends at 1pm!</i>
1:15-2:15pm	Rest Hour & Camp Store Open
2:30-5:00pm	Afternoon Activities
5:15pm	Waiter's Call
5:30pm	Dinner <i>Dinner ends 6-6:30ish 😊</i>
7:30-dusk	Evening Activities
10pm	Quiet Hours begin in Villages <i>Please be respectful of your neighbors!</i>

HAPPY HOLIDAYS!

It's a year to celebrate! Why not fit all our favorite holidays and celebrations into one awesome week! There will be lots of holiday celebrations throughout the week – which holiday is your family's favorite?



CHOOSE A FAMILY HOLIDAY

Each family/group of families will choose a holiday that best represents them – it can be a real or fictional one! National Donut Day? President's Day? Bubble Wrap Appreciation Day? Options are endless! No repeats though – so make sure to look out for what is already taken on the sign-up form.

OPENING CAMPFIRE

At Opening Campfire on Sunday night, families can participate in the Opening Celebration. Our commentators will call you down to the stage, describe your holiday, and give you a welcoming cheer. Costumes and props are highly encouraged!

EVENTS

TOURNAMENTS

Throughout the week, there will be various tournaments to compete in. The sign-ups will be held at the Dining Hall and close on Tuesday night, so that brackets can be made. Event schedules vary and occur throughout the week. Winners will receive awards at closing campfire. These include but are not limited to:

- | | | |
|------------------|------------------------|------------------------------------|
| • 3v3 Basketball | • Cornhole | • Ladderball |
| • Archery | • Gaga Ball | • Tennis men's singles & doubles |
| • Carpetball | • Horseshoes (singles) | • Tennis women's singles & doubles |
| • Disc Golf | • Horseshoes (doubles) | • Tennis mixed doubles |

CARDBOARD BOX REGATTA

Either before arrival or while at camp, your family can construct a boat using just cardboard and duct tape! The regatta race will occur at the Pool Party on Friday night. The first across the pool with their boat still afloat will win!

SYNCHRONIZED SWIMMING

An old family camp classic making a comeback! See if your team can compete against the Tockwogh staff to win in a synchronized swimming performance. Event will happen at the Pool Party on Friday night. Guest judges will score.

OTHER POTENTIAL EVENTS (interest dependent!) – continued

- Relay Race aka “Modern Pentathlon” (kayak, run, swim, bike, obstacle course)
- Sailing Regatta
- Coolest Tie-dye
- Artistic gymnastics
- Mealtime minute-to-win-it activities

BIKE TO BETTERTON

Join us for a bike ride to Betterton for lunch on the beach on Tuesday, August 24. Eight miles there and eight miles back- it's a refreshing ride on the country roads ending at the Chesapeake Bay. All riders must provide their own BIKE and HELMET. Sign ups will happen on Monday!



**Looking to get off camp and go out for a family dinner? Forgot to bring something?
Ask our staff for recommendations!**

PIZZA DELIVERY

Pizza can be ordered from Marzella's Pizza at 410-348-5555. They request that all orders are called in by 8:30pm, payment be made with card, and that all orders are picked up at the Dining Hall. Menus are available in the Dining Hall!

P.S. They also deliver beer for those 21+!

ICE!

Ice is available free of charge at the Dining Hall. You can find ice bags in the back-loading dock freezer behind the Dining Hall. If there are none available, please ask a staff member!

CHECK-IN & OUT

Check-In:

Sunday, August 21st 3:30pm-5pm

Wednesday, August 24th 3:30pm-5pm

Check-Out:

Wednesday, August 24th 10:00am

Sunday, August 28th 1:15pm

CHECK-IN DAY SCHEDULE

for Full Week & 1st half sessions

Sunday, August 21st

3:30-5pm Arrive & Check-in at the Front Gate

3:30-5pm Pool Open

5:15pm Waiters Call

5:30pm Dinner

7:00pm Opening Campfire

CHECK OUT for 1st half session

CHECK-IN for 2nd half session

Wednesday, August 24th

10:00 1st half families pack up cabins
Can stay for day, but will not have access to cabins past 10am

3:30-5pm 2nd half families check-in @ Front Gate
You can arrive as early as 10am, but cannot check into cabin until 3:30
Settle into cabin

3:30-5pm Camp Activities Open

5pm Campers VS. Staff Softball game

CHECK OUT SCHEDULE

for Full Week & 2nd half session

Sunday, August 28th

8:00am Breakfast

9:15-12:00pm Morning Activities

12:15pm Waiter Call

12:30pm Lunch

1:15pm Pack Up & Head Home

CHECK-IN PROCEDURES

1. Check-In with the Camp Staff to receive your wristbands, cabin assignment, paperwork, and payment!
2. Choose your table at the Dining Hall. Your family will sit at this table for all meals!
3. Take a family picture!
4. Settle into your cabin. Your SEFC t-shirts will be there waiting for you!



LATE CHECK-INS

If you are arriving later than 5pm on either day, please email Julia. Cabin assignments, info packets, and schedules will be available in the Dining Hall throughout the week.

If you happen to arrive early, please wait at the Front Gate. Cabins will not be ready for move in until 3:30pm.

CHECK OUT PROCEDURES

Families must be moved out of their cabins by 10am or 1:15pm, depending on their session. Be sure to give your cabin a quick sweep and turn out the lights. Please take all of your belongings with you! If you are checking out early, please notify Krista at the meal prior to your departure.

EVENING ACTIVITIES

Opening Ceremonies/Campfire: Join us at 7pm on Sunday night for Opening Campfire. Our staff will put on some skits to introduce themselves and share some of their favorite camp songs! This year, families have the option to participate in the Parade of Nations.

Pool Party: Join us for an evening swim! The waterslide will be open. Synchronized Swimming will happen at 7:30 and the Cardboard Box Regatta will happen promptly at 8pm.

Main Beach Luau & Crab Feast: Come to the beautiful Main Beach to pick crabs, enjoy music, participate in activities, and watch the famous camp sunset. From tubing rides to s'mores, there will be something for all! Don't forget your Hawaiian shirt.

Camper vs. Staff Softball: Lace up your shoes and join us on the Main Athletic Field as Camp Tockwogh staff take on the Family Camper in a softball game. Must be 16+ to play.

BBQ Dinner: During the softball game, a BBQ dinner will be served at the Rec Hall.

Movie Night: Bring a blanket and join us under the stars for a family friendly film on the Main Athletic Field!

Tournament Night: Throughout the week, there will be various tournaments to compete in and on this evening will be the finals!

Concert on the MAF: Time for all the campers to bring their best dance moves and enjoy a live band on the Main Athletic Field. 21+ will be able to purchase a wrist band for alcoholic drinks.

Storytelling for Kids: Kiddos get ready to hear some of Tockwogh staff's best campfire stories! S'mores will be provided.

Closing Camp Fire: We encourage any performers to prepare a skit, song, or any other campfire traditions. Sign up in the Dining Hall to perform! Final winners of the Tockwogh Olympics will be announced!

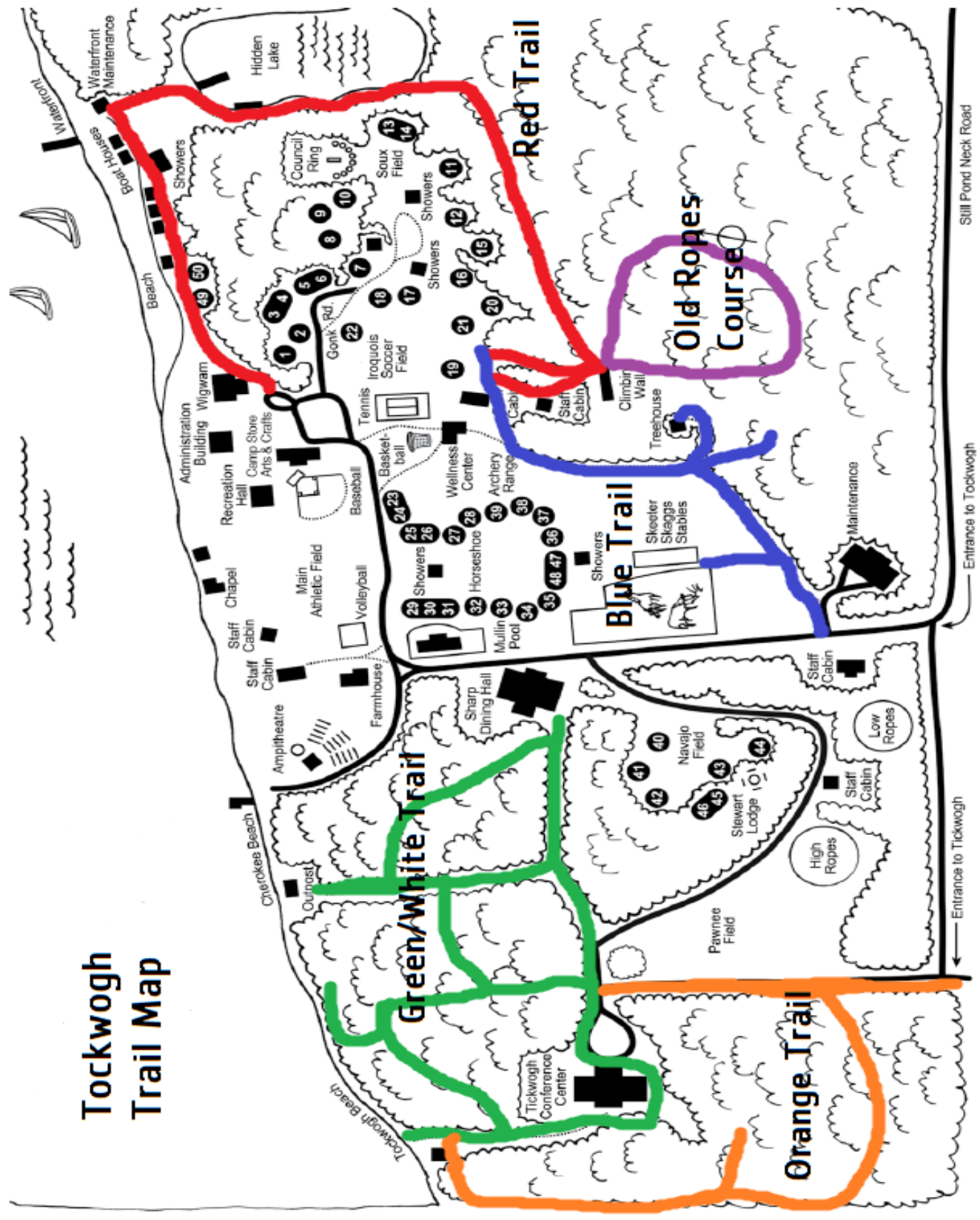
EVENING ACTIVITY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPENING CAMPFIRE @ 7:00pm	POOL PARTY @ 7:30pm CARDBOARD BOX REGATTA @8pm	MAIN BEACH CRAB FEST @ 6:15pm BEACH PARTY ACTIVITIES @ 7pm	CAMPER vs. STAFF SOFTBALL GAME @ 5pm BBQ @ Rec Hall MOVIE NIGHT @7:30pm	TOURNAMENT NIGHT @7pm KIDS STORYTELLING EVENT @ dusk	CONCERT ON THE MAF @ 7:30pm	CLOSING CAMPFIRE/ TALENT SHOW @7pm

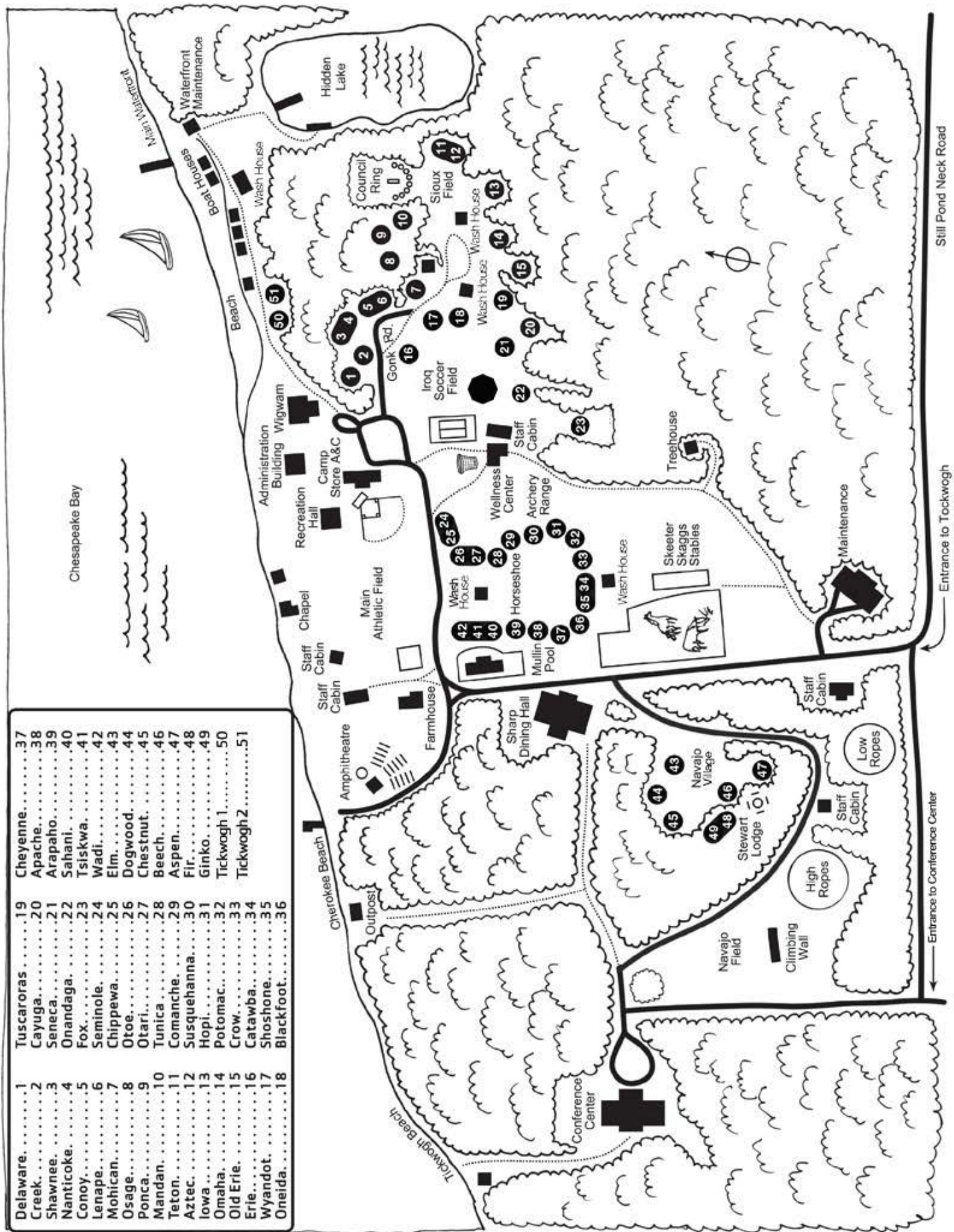


SEE YOU SOON!

Tockwogh Trail Map



Delaware.....	1	Tuscaroras.....	19	Cheyenne.....	37
Creek.....	2	Cayuga.....	20	Apache.....	38
Shawnee.....	3	Seneca.....	21	Arapaho.....	39
Nanticoke.....	4	Onandaga.....	22	Sahani.....	40
Conoy.....	5	Fox.....	23	Tsiskwa.....	41
Lenape.....	6	Seminole.....	24	Wadi.....	42
Mohican.....	7	Chippewa.....	25	Elm.....	43
Osage.....	8	Otoe.....	26	Dogwood.....	44
Ponca.....	9	Otari.....	27	Chestnut.....	45
Mandan.....	10	Tunica.....	28	Beech.....	46
Teton.....	11	Comanche.....	29	Aspen.....	47
Aztec.....	12	Susquehanna.....	30	Fir.....	48
Iowa.....	13	Hopi.....	31	Ginko.....	49
Omaha.....	14	Potomac.....	32	Tickwogh 1.....	50
Old Erie.....	15	Crow.....	33	Tickwogh 2.....	51
Erie.....	16	Catawba.....	34		
Wyandot.....	17	Shoshone.....	35		
Oneida.....	18	Blackfoot.....	36		



Still Pond Neck Road

Entrance to Tockwogh

Entrance to Conference Center